

EAGLINGS TAEKWONDO

Family fitness is most important. It helps you to keep healthy, vital and happy. The practice of Taekwondo as a family works very well. People of all ages practice and enjoy the art



- *For fitness and self defence*
- *Men - Women - Children*
- *No fitness level required*
- *Ages 4 and over welcome*
- *Enquire about our family discounts.*

Taekwondo is the exciting way to get fit and learn the art of self defence

The benefits of Taekwondo instruction include:

- *Building confidence*
- *Discipline*
- *Fitness*

Taekwondo is the ideal family sport for everyone to enjoy

Club Locations

Moonah

The Moonah Community Centre

Gormanston Road, Moonah

Monday & Wednesday 6.30 pm to 7.45 pm

Mondays 4 to 6 year olds 6.00pm to 6.45pm

HEAD INSTRUCTOR: Hugh Eagling

Sandy Bay

St Stephens Church Hall

524 Sandy Bay Road, Sandy Bay

Tuesday 6.30 pm to 7.45 pm

BRANCH INSTRUCTOR: Daniel Gledhill

Kingston

Kingborough Sports Centre

Fitness Centre Aerobics Room

Tuesday 6.30 pm to 8.30 pm

4 to 6 year olds 6.30pm to 7.00pm

BRANCH INSTRUCTOR: Julie McMullen

PHONE

1300 133 093



EAGLINGS TAEKWONDO
CONTACT: 1300 133 093

ESTABLISHED IN TASMANIA IN 1971

Eagling's Taekwondo

Dale Eagling's Taekwondo was introduced to Tasmania in 1971 by the late Dale Eagling. Mr. Eagling spent his life developing the art in the state and at the time of his death had taught some 30,000 Tasmanians and had clubs all over Australia. He developed a tradition of excellence in the art and a pride in instruction that is reflected and maintained within our clubs today. Eagling's Taekwondo is a member of:

Taekwondo Australia Limited

World Taekwondo Federation

Kukkiwon

International Jidokwan Association

Korea Hapkido Federation

All Instructors are properly qualified and experienced in the complete, professional instruction of Taekwondo to World Standards. All coaches fully qualified with Aus Sport qualifications and Taekwondo Australia Coaching certification to Australian Sports Commission Standards.



www.eaglingstaekwondo.com.au

About Taekwondo

Taekwondo is an effective and efficient martial art which is the national sport of Korea. Today Taekwondo has progressed to not only become a recognised Olympic event, but also an effective self defence system and is both an exciting martial art and a



dynamic sport. Taekwondo is an excellent method for maintaining health and fitness and builds tremendous confidence in its practitioners. Taekwondo is for all ages, men, women and children and is well suited for families to participate in together.

Taekwondo Builds Fitness

Exercises of Taekwondo, besides producing tranquillity and peace of mind, also relax the joints, tone the muscles, strengthen the internal organs and develop agility, strength and stamina. It provides an unequalled method of self defence for your own personal security.



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Eagling's Taekwondo

'Skills for Life'

Boothing Self Confidence

Learning Self Defence

Promoting Good Health

Improving Co-ordination, Speed & Power

Discipline & Good Manners

Team Spirit & Respect

Success in School,

Sport & Life

plus

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